

January 2010 – The best of 2009

CPD questionnaires must be completed online via www.cpdjournals.org.za. After submission you can check the answers and print your certificate. Questions may be answered up to 6 months after publication of each issue.

THE ABC OF BENIGN BREAST DISEASE

- 1. True (A) or false (B) – fill in only block A or B:**
Nipple discharge is uncommon in benign breast disease.
- 2. True (A) or false (B) – fill in only block A or B:**
Investigation of nipple discharge with cytology and radiology has poor yield and is disappointing.

APPROACH TO CHRONIC OTITIS MEDIA WITH EFFUSION – THE PROS AND CONS OF GROMMETS

- 3. True (A) or false (B) – fill in only block A or B:**
Chronic suppurative otitis media (CSOM) is characterised by chronic otorrhoea (discharge) through a long-standing perforation of the tympanic membrane and may be associated with a cholesteatoma.
- 4. True (A) or false (B) – fill in only block A or B:**
Antihistamines and decongestants are ineffective treatments for COME.

CHRONIC IDIOPATHIC CONSTIPATION

- 5. True (A) or false (B) – fill in only block A or B:**
Chronic idiopathic constipation usually occurs in young women, but may also occur in the elderly.
- 6. True (A) or false (B) – fill in only block A or B:**
Investigation for secondary causes of constipation in young patients is often unrewarding.

DIAGNOSING ALLERGIC RHINITIS – IS THERE A NEED?

- 7. True (A) or false (B) – fill in only block A or B:**
The gold standard to establish the diagnosis of atopic rhinitis is skin prick tests.
- 8. True (A) or false (B) – fill in only block A or B:**
The earliest manifestation of atopic disease in infants is eczema.

COMMON PARASITIC INFECTIONS IN THE HIV-INFECTED PATIENT

- 9. True (A) or false (B) – fill in only block A or B:**
The commonest extra-intestinal manifestation of cryptosporidiosis, microsporidiosis and isosporiasis is acalculous cholecystitis.
- 10. True (A) or false (B) – fill in only block A or B:**
Isosporiasis responds well to co-trimoxazole treatment.

PARASITES AND THE SKIN

- 11. True (A) or false (B) – fill in only block A or B:**
Tetmosol soap is unsafe in children and in pregnancy.
- 12. True (A) or false (B) – fill in only block A or B:**
Lindane is contraindicated in pregnancy and in children younger than 2 years.
- 13. True (A) or false (B) – fill in only block A or B:**
Treatment of all contacts is an essential part of the management of scabies.

REFRACTORY GORD: A MAJOR MANAGEMENT ISSUE IN CLINICAL PRACTICE

- 14. True (A) or false (B) – fill in only block A or B:**
Approximately 10 - 40% of GORD patients do not have a complete or even partial symptomatic response to a standard PPI dosage; hence the increasing practice of doubling the dose.
- 15. True (A) or false (B) – fill in only block A or B:**
The efficacy of the PPIs is dose dependent and the healing of oesophagitis is proportional to the fraction of the day that the pH is above 4.
- 16. True (A) or false (B) – fill in only block A or B:**
Lifestyle modifications such as losing weight and stopping smoking are proven to be of benefit in refractory GORD.

PARASITIC DISEASE IN THE RETURNING TRAVELLER

- 17. True (A) or false (B) – fill in only block A or B:**
PCR is useful in the routine and rapid diagnosis of malaria.
- 18. True (A) or false (B) – fill in only block A or B:**
Thrombocytopenia can be very pronounced in malaria patients.

MENOPAUSE AND HORMONE THERAPY – HOW CONFUSED ARE YOU?

- 19. True (A) or false (B) – fill in only block A or B:**
Transdermal HRT reduces the risk of venothromboembolism.
- 20. True (A) or false (B) – fill in only block A or B:**
It is generally accepted that women with premature ovarian failure should be offered hormone therapy until at least the average age of expected menopause.